



ProStart Competition Planning

Team Members

Simple Rules:

1. You prepare 2 servings of each: Salad/appetizer, Entree (meat 4-6 oz, starch 2-3 oz, vegetable) Dessert.
2. You get 2 gas burners, no electricity, no refrigeration. You get 2 8-10' long tables.
3. No food can be pre-prepared. Food can be pre-measured.
4. Each meal must have a display menu, typewritten food list, equipment list, typed recipes and food costing.
5. A team can be 2, 3 or 4 people.
6. Uniforms matter. Have the same coats, hats, aprons, towels, pants, shoes, as much as possible. Shoes should be black, closed toe and rubber soles.
7. Serving dishes will be provided by the event organizer.
8. No electric or battery operated equipment. A butane torch may be used if needed.
9. Teams must provide sanitizer, towels and other cleaning supplies.
10. No pre-chopped, pre-sliced or pre-prepared foods.
11. 1 hour prep time 30 min set up 30 min clean up
12. No verbal contact from anyone other than team mates.
13. Wear gloves when handling cooked or ready to eat food. Change often.

Suggestions:

1. Draw a picture of what your meal looks like.
2. Make a flow chart of everyone's jobs. Make a misen place list. What to do in the 30 minute set up time. What food goes where, what stays in cooler, plates in cooler, etc...
3. Get a timer and a meat thermometer. Don't forget knife kits.
4. Get out the equipment needed. Minimize if possible.
5. Pre-measure and label most foods, check with Becky on which you can and which you can't. Oil can be put in a squirt bottle.
6. Prepare a really nice menu for display - in a frame. Make it look nice and make it go with you theme.
7. Sort food by refrigeration needs. You'll need to bring your own cooler. You need two typed lists of the food in the cooler and the food in the box. One list inside and one list outside. Sort by stations if possible. (salad, entree, dessert)
8. Refrigerated food like meats and dairy should be set on ice until used in the competition. Don't put it out and leave it out, keep it cold!!
9. Remember you're being judged on knife skills - don't cut in mid air, use a cutting board.
10. Sanitation, keep your work area clean!!! Make sure you have a trash container at your table. You should have a container for wet waste and one for dry waste. Put dirty dishes under the table in a tray.

Who is the team captain?

What questions do you still have?

Got a Theme?

How are you going to carry out the theme? Food? Menu design?
Garnish? Tell me about it!!

Menu Draft (do in pencil)

For the source, list the cookbook, magazine, page number or attach a copy of the recipe

Starter/Salad: _____

Source: _____

Entree/Meat: _____

Source: _____

Entree/Starch: _____

Source: _____

Entree/Vegetable: _____

Source: _____

Dessert: _____

Source: _____

Suggestions, Notes, Ideas on menu: _____



No more planning until you have approved your theme and menu with the teacher!!

Shopping List (do in pencil)

Include everything including salt, flour, etc....

[illegible]

[illegible]

Equipment List (do in pencil)

Don't get too crazy, try to use as little as possible, but without hurting the outcome of your product. Remember you have pack this and clean it all when you're done!!

[illegible][illegible]

Division of Tasks (do in pencil)

Decide who is responsible for what parts of the preparation.

[illegible]

Time Management (do in pencil)

Now figure out the time break down for each person.

Name: _____

30 minute mise en place - what do you need to do, list in order.

60 minute preparation - list in order and even put times down.

30 minute clean-up - list tasks in order

Time Management (do in pencil)

Now figure out the time break down for each person.

Name: _____

30 minute mise en place - what do you need to do, list in order.

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30 minute mise en place - what do you need to do, list in order.

60 minute preparation - list in order and even put times down.

30 minute clean-up - list tasks in order

Food Costing (do in pencil)

Now for the hard part. From the shopping list, add up the cost of each item (Salad, Entree, Dessert) Divide by 2 to get the price of one serving. Now fill in the blanks.

Salad Cost: \$ _____ \div .33 = Selling Cost \$ _____

Entree Cost: \$ _____ \div .33 = Selling Cost \$ _____

Dessert Cost: \$ _____ \div .33 = Selling Cost \$ _____

Total cost of one serving \$ _____

Judges' Names _____

Time in _____

Time out _____

- A simple menu with menu prices on an 8 ½ x 11: sheet of paper, typewritten. Menus will include item prices based on the food cost and calculated at a 33% food cost percentage. Each course on the presentation menu will be priced separately – one price for the starter; one price for the entrée that includes starch vegetable, and protein; and one price for the dessert. Menu price on the presentation menu may be rounded up after applying the 33% food cost percentage for a more realistic menu price. However, the final calculation BEFORE rounding must be indicated on the costing template. Total menu price may NOT exceed \$75.00
- Typewritten recipes submitted on the official recipe template. Acknowledgements and sources must be listed on each recipe. Recipes must be written in a logical sequence.
- Food cost must be calculated for each individual course on the menu, typed and submitted on the official costing template.

Menu and Recipe Presentation					
Presentation Including but not limited to: <ul style="list-style-type: none"> • Typewritten • Recipe structure • Menu presentation • Food costing • Menu Pricing • Within Food cost guidelines • Sources and acknowledgements listed 	1	2	3	4	5
Please refer to rule book page 4-5					

MEAL PRESENTATION RATING SHEET

Team Appearance & Shipping and Receiving

Judges' Names _____

Team name and number _____

Time in _____

Time out _____

Uniform: the team must present a uniformed appearance and will be expected to wear appropriate apparel consisting of white chef coats, checkered or black pants (NO EXCEPTIONS) and closed toe, hard sole shoes. **The team will be evaluated on proper uniform throughout all culinary events, from Product Check-in through Clean-up.**

Product Check-in: Teams will be judged according to proper shipping and receiving procedures.

A complete typewritten list of every item to be used must be attached to the inside and outside of all coolers and other containers that hold food items. All ingredients must be checked in with event personnel. Judges will be certain that all items are present and properly stored.

Teams will be evaluated on the proper temperature of ingredients. If an item has been found to be in the temperature danger zone, that item can be replaced if within the 30 minute check-in window.

Teams will be evaluated on proper packaging. Items to be checked-in should either be in their original packaging, or wrapped and packaged properly (i.e. no liquid pooling room meats, poultry, or fish, no seeping liquid, vegetables and fruits in proper containers and/or bags), or they will be discarded.

No pre-chopped, pre-sliced, pre-prepared food will be allowed, with the exception of stock, ice cream base and jams/jellies.

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
Shipping & Receiving						
Shipping & Receiving Including but not limited to: <ul style="list-style-type: none"> • Proper Temperature • Proper Packaging 	1	2	3	4	5	
Team Appearance Including but not limited to: <ul style="list-style-type: none"> • White Chef Coats • Black or checkered pants • Uniform clean & presentable • Hard sole shoes • Hats (provided) • Team uniformity 	1	2	3	4	5	

MEAL PRESENTATION RATING SHEET

KNIFE SKILLS

Judges' Names _____

Team name and number _____

Time in _____

Time out _____

Knife skills criteria:

Each team will have 30 minutes to complete the Knife Skills portion of the competition. Each team will be required to select and execute any 4 of the 6 cuts listed below. Each student will executed only one of the required 4 cuts. When the team begins the Knife Skills portion of the event, they will be required to inform event personnel which cuts the team has selected. **IMPORTANT: AT THAT TIME, EACH STUDENT WILL BE RANDOMLY ASSIGNED ONE OF THE TEAM'S SELECTED CUTS BY JUDGES.**

Julienne: Cut into long, thin, rectangular pieces. $1/8'' \times 1/8'' \times 2 \frac{1}{2}''$

Brunoise: Very small dice. $1/8'' \times 1/8'' \times 1/8''$

Chiffonade: Leafy green vegetables such as spinach or basil that are stacked, rolled tightly, and then cut into long thin strips. Approximate width is $1/8''$.

Medium Dice: Cut into cube-shaped pieces. $1/2'' \times 1/2'' \times 1/2''$.

Mince: Cut very fine and evenly

Diagonal: Cut into pieces with diagonal edges with $1/4''$ thickness

Team will select and use the product of their own choosing.

The finished cuts will be evaluated by the judges and then must be incorporated into the team's menu preparation. **After evaluation, the finished cuts may be altered in preparation of the final dishes (i.e. diced potatoes may then be mashed.)**

There is NOT an exact amount of product required to be provided by the teams, although there MUST be enough product for the judges to evaluate.

Knife Skills						
Knife Skills						
<ul style="list-style-type: none"> Consistency Accuracy Safety Waste 						
Competitor 1	1	2	3	4	5	
Competitor 2	1	2	3	4	5	
Competitor 3	1	2	3	4	5	
Competitor 4	1	2	3	4	5	

MEAL PRESENTATION RATING SHEET

Work skills/Organization

Judges' Names _____

Team name and number _____

Time in _____

Time out _____

Work Skills/Organization						
Work Organization/ Cooperation Including but not limited to: <ul style="list-style-type: none"> • Utilization of a team plan • Mastery of skills required for individual tasks • Workload evenly distributed • Team cohesiveness • Communication • Professionalism • Proper mise en place • Proper time management 	1	2	3	4	5	
Proper Cooking Procedures Including but not limited to: <ul style="list-style-type: none"> • Appropriate cooking method for product used • Required cooking techniques used • Cooking procedures done in a time efficient manner • Proper amount of product for recipe requirements • Effective use of remaining product Please refer to ProStart® Year 1, Ch. 4 and Section 3	1	2	3	4	5	
Proper Use of Equipment & Tools Including but not limited to: <ul style="list-style-type: none"> • Proper pans & tools for intended use Please refer to ProStart® Year 1, Ch. 5	1	2	3	4	5	

MEAL PRESENTATION RATING SHEET

Safety & Sanitation ~ Proper Food Handling ~ Work Area Cleaned

Judges' Names _____

Team name and number _____

Time in _____

Time out _____

Hand washing stations will be provided for each 2 adjoining teams.

Sanitation solution will be provided but teams must provide their own buckets.

Gloves will be provided.

Potable water will be provided.

Gloves will be worn when handling cooked or ready to eat food.

Safety & Sanitation						
Follows Safety & Sanitation Procedures Including but not limited to: <ul style="list-style-type: none"> • Personal Hygiene • Proper knife safety • Proper use and handling of food contact surfaces <i>For additional information refer to ProStart® Year 1, Ch. 2</i>						
	1	2	3	4	5	
Proper Food Handling Including but not limited to: <ul style="list-style-type: none"> • Proper use of gloves • Appropriate temperature control of ingredients • Proper sanitation practices regarding food contact surfaces • Proper storage of food • Avoidance of cross contamination <i>For additional information refer to ProStart® Year 1, Ch.2</i>						
	1	2	3	4	5	
Work Area Cleaned Including but not limited to: <ul style="list-style-type: none"> • Work area cleaned in appropriate time frame 						
	1	2	3	4	5	

MEAL PRESENTATION RATING SHEET

Penalties

Judges' Names _____

Team name and number _____

Time in _____

Time out _____

Penalties:

1. Team does not leave station in a sanitary manner:
Deduction of 3 points. Work area should be left in the same condition as when team arrived.
2. Team begins Meal Preparation before their assigned start time:
Deduction of 1 to 10 points. One (1) point per minute up to 10 minutes. Over and above 10 minutes the team is disqualified.
3. Team does not complete Meal Preparation within allotted time:
Deduction of 1 to 10 points. One (1) point per minute up to 10 minutes. After 10 minutes the team is disqualified.
4. Team uses pre-prepared ingredients:
Deduction of 5 points.
5. Team does not produce two (2) identical meals:
Deduction of 2 points. There should be minimal variance between the two (2) prepared meals.
6. Team uses dishes/glassware other than those provided by Event Organizers:
Deduction of 5 points.
7. Team did not submit recipes and costing at Product Check-in:
Deduction of 2 points.
8. Replacement product did not meet requirements and was discarded:
Deduction of 3 points.

Reason for Disqualification:

- _____ Team received coaching during the event.
- _____ Team used an electric/battery operated device or additional butane burner.
- _____ Team did not produce two (2) complete meals.
- _____ Team started Meal Preparation more than 10 minutes early.
- _____ Team completed Meal Preparation more than 10 minutes late.
- _____ Team did not arrive at proper time.
- _____ Team did not compete in each event.

Reason for Penalty:

- _____ Team did not leave station in a sanitary manner. 3 points.
- _____ Team did not complete within allotted time. 1 pt/min. up to 10 minutes
- _____ Team started early. 1 pt/min. up to 10 minutes.
- _____ Team uses pre-prepared ingredient. 5 points.
- _____ Team produces two meals, but not identical. 2 points.
- _____ Team uses dishes/glassware other than those provided by event organizers. 5 pts.
- _____ Team food did not pass temperature danger zone/stored/transported by final deadline. 3 points.
- _____ Team did not submit recipe/food costings at Product Check-in. 2 points.

MEAL PRESENTATION RATING SHEET

Starter: Taste ~ Finished Product ~ Appearance

Judges' Names _____

Team name and number _____

Time in _____

Time out _____

Product Taste						
Product Taste - Starter A subjective category based on first tasting judge's preference	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Degree of Difficulty - Starter Including but not limited to: <ul style="list-style-type: none"> • Creativity • Complicated techniques <i>(i.e.: Homemade pasta, spun sugar bowl, etc.)</i>	1	2	3	4	5	
Appearance - Starter Including but not limited to: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion Size <i>Please refer to ProStart® Year 1, Ch. 9, and Section 3</i>	1	2	3	4	5	

MEAL PRESENTATION RATING SHEET
Entrée: Taste~ Finished Product ~ Appearance

Judges' Names _____

Team name and number _____

Time in _____

Time out _____

Product Taste						
Product Taste - Entrée A subjective category based on the second tasting judge's preference	1-4	5-8	9-12	13-16	17-20	
Finished Product						
Degree of Difficulty - Entrée Including but not limited to: <ul style="list-style-type: none"> • Creativity • Complicated techniques (i.e.: Homemade pasta, spun sugar bowl, etc.) 	1	2	3	4	5	
Appearance - Entrée Including but not limited to: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion Size Please refer to ProStart® Year 1, Ch. 9, and Section 3	1	2	3	4	5	

MEAL PRESENTATION RATING SHEET

Dessert: Taste ~ Finished Product ~ Appearance

Judges' Names _____

Team name and number _____

Time in _____

Time out _____

Product Taste						
Product Taste - Dessert A subjective category based on the dessert judge's preference	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Degree of Difficulty - Dessert Including but not limited to: <ul style="list-style-type: none"> • Creativity • Complicated techniques <i>(i.e.: Homemade pasta, spun sugar bowl, etc.)</i>	1	2	3	4	5	
Appearance - Dessert Including but not limited to: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion Size <i>Please refer to ProStart® Year 1, Ch. 9, and Section 3</i>	1	2	3	4	5	